



Impact Studies on School Lunch Programmes in Kenyan Primary Schools: A Qualitative Exploration of Nutrition Effects

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Abstract

School lunch programmes in Kenyan primary schools are designed to improve nutrition among children, yet their impact on student health and academic performance is not well understood. The research employs in-depth interviews with teachers, parents, and students to gather insights into the implementation and perceived benefits of school lunch programmes. Focus groups were also conducted to explore community perspectives and programme efficacy. Interviews revealed that while most schools provide lunches, there is significant variability in menu choices, preparation methods, and adherence to nutritional guidelines, with some schools offering meals rich in vegetables and proteins, improving student health outcomes. The qualitative data suggests that school lunch programmes can positively influence nutrition among primary school students in Kenya, although consistent implementation and guidance are crucial for achieving optimal results. School administrators should prioritise nutritional standards and regular monitoring to ensure the quality of meals provided. Parents and community members also play a vital role in supporting these initiatives by advocating for improved practices.

Keywords: *Kenya, Geographic, Qualitative, Anthropology, Nutrition, Education, Policy Analysis*

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